



Henry Aird Barn

This barn with the old brick home and tall, stately pine trees have stood on this 1/4 block for many years. Henry Aird built the home, and it is not clear if he started the barn or was it originally built by the next owner of the property - James Stacy Murdock, (born Dec. 8, 1861) - son of Joseph Stacy Murdock and Elizabeth Hunter. This property, at 517 East 100 North in Heber, then passed from James Stacy to his daughter, Beth Murdock, who married Eldon Ritchie. After Beth died, it is now owned by Eldon and Beth's son,

Brent M. Ritchie.

Indubitably, this barn had many uses: for hay storage, animal comforts, and weather protection of different machines and stood incompletely used for many years. It did have one special use: Beth took me out into the lean-to one day, to show me the only one of the Heber Tannery vats existing at the time; used to soak the pelts in semi-caustic mixtures during the tanning process. There were six of them, originally, but that was the only one I have ever discovered. The vats were made of lead amalgam.

This only tannery which Heber ever had, was located opposite Jack Lewis' new home, and exactly at 565 East 200 North in Heber. Jack was able to tell me much about this old tannery.

Now, that it has been necessary to tear down the barn, it is no longer the icon it once was...a vigilant monarch in the Mountain Valley. We all lament the loss of such icons of past history.

(Informants: Brent and Wayne Murdock.) **Barn is demolished.**

Medication Alone is Rarely The Answer For Childhood Depression, Psychiatrist Says

Medication to control mood disorders may help children as well as adults, but younger patients need individual or family psychotherapy along with drugs, a Stanford child psychiatrist says.

"While drugs alone may work for some adults, it's unlikely that a child will benefit from drugs alone," says Dr. Hans Steiner, professor of psychiatry and behavioral sciences at Stanford University.

"There is a tendency these days for insurance companies to encourage physicians to curtail expensive psychotherapy in favor of treating mood disorders with drugs," says Steiner.

"But we need to be especially careful when prescribing drugs such as Prozac (fluoxetine) for children, because physicians are less familiar

with their effects on younger patients and because children are less likely to benefit from medication without psychotherapy," he explains.

Fluoxetine belongs to a relatively new class of drugs, called selective serotonin-reuptake inhibitors (SSRIs). These drugs fight feelings of depression by replacing low levels of the hormone serotonin, which the body usually manufactures. Persons with low levels of this hormone are prone to depression, possibly accompanied by aggression and irritability, says Steiner, who practices at Lucile Packard Children's Hospital at Stanford.

If children are "acting out," being hostile because of depression, a pill might make them feel better, but the more complex behavioral issues won't necessarily improve without psychotherapy, he adds. "The drugs kind of fuel the recovery, but they won't fix the whole thing," Steiner says. "If kids have trouble with as complex an issue as the relationships with peers, simply elevating their mood helps but does not automatically give you a whole new set of social skills." As for when to consider seeking treatment for childhood depression, Steiner says

major clues include a sense of sadness that seems to be independent of what's going on in a child's life.

"If a child is sad one day because his or her friend didn't come over to play after school, obviously that's not depression. But if the child is sad for several weeks, even when that best friend is supportive and things are going well, parents may be well advised to consult with the school counselor, family physician or a child psychiatrist," says Steiner.

University Hospital Center Celebrates

University Hospital's Spine Rehab Center (1355 Foothill Drive) will celebrate its fifth anniversary on Friday, Feb. 6, with an Open House from 2:30 p.m.-5 p.m. The event is open to the public.

The Open House will feature free posture screenings, and demonstrations of healthy and safe sitting positions at work stations. The center's staff also will be on hand to answer questions.

The center, which sees over 1,000 patients a year, treats the complex, multiple problems asso-

STATE OF UTAH ADVERTISEMENT FOR SPACE

The State of Utah, Division of Facilities Construction and Management, requests all persons interested in leasing space to the State to submit a proposal by 2:00 p.m., Wednesday, February 25, 1998. Specifications and forms for submitting proposals are available upon request at the Division of Facilities Construction and Management.

PROJECT NUMBER: HS98826/DL98827

TYPE OF SPACE: Office Space